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Catching Seniors Before They Fall: The Wellness Kit Initiative, Senior S.A.F.E. Net

CONFERENCE ABSTRACT

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Abstract

Senior SAFE Net is a student-created organization, composed of three seniors from Barton College. Many colleges tend to have a lack of resources or funding specifically for senior students transitioning out of the college community, and more resources and workshops for freshmen transitioning from high school into college. The goal of Senior SAFE Net's proposed project is to bring awareness to the lack of resources for seniors, and be a gateway into inspiring more future- specialized classes or resources to help seniors transition into the professional world. Our team will provide mid-semester care kits that consist of various tools such as. resource cards with information about business offices, a link to Pathway U assessments, and a link to BetterHelp or other free online therapy sites. Affirmation/motivational cards will be provided to show care and understanding, and to motivate students to keep being resilient throughout the semester or year. Stress balls will be a tool that will provide temporary, recreational relief from active stressors. Stickers and candy will also be provided as not only a small reward for students getting through the semester, but as an incentive for the

students to use the kit. The total funding has been calculated to be at least \$200 for 50–60 kits. Assessments will occur to evaluate the success of the initiative.

Keywords: education, students, affirmation